Week beginning: 25th April, 16th May, 13th June, 4th July

The Link Academy Summer Menu 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Homemade Ham macaroni bites.	Cheesy beef quesadilla and mayonnaise.	Roast chicken.	Ham & sweetcorn pizza	Fish Fingers
Vegetarian	Homemade cheese macaroni bites.	Cheesy Quorn quesadilla and mayonnaise.	Cheesy bubble and squeak.	Margarita pizza	Quorn nuggets
Jackets and rolls	Jacket potato with cheese, tuna mayo, ham or beans Roll with ham, cheese or tuna mayo	Jacket potato with cheese, tuna mayo, ham or beans Roll with ham, cheese or tuna mayo	Jacket potato with cheese, tuna mayo, ham or beans Roll with ham, cheese or tuna mayo	Jacket potato with cheese, tuna mayo, ham or beans Roll with ham, cheese or tuna mayo	Jacket potato with cheese, tuna mayo, ham or beans Roll with ham, cheese or tuna mayo
Sides	Homemade garlic bread, mix veg and salad bar	Green beans, new potatoes and salad bar	Roast potatoes, broccoli, carrots, gravy and salad bar	Wedges, sweetcorn, coleslaw and salad bar	Chips, Whole wheat pasta salad, peas, beans and salad bar
Pudding	Banana flapjack, fruit or yogurt	Strawberry jam and cream muffins, fruit or yogurt	Vanilla shortbread and vanilla ice cream, fruit or yogurt	Apple crunch, fruit or yogurt	Chocolate biscuit and sultana slice, fruit or yogurt

Week beginning: 2nd May, 23rd May, 20th June, 11th July

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken + bacon pasta bake	Chicken korma & rice	Pork sausage toad in the hole.	Pepperoni pizza	Fish fingers
Vegetarian	Cheese + tomato pasta bake	Veggie korma & rice	Quorn sausage toad in the hole.	Margarita pizza	Cheese and onion frittata
Jackets and rolls	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.
Sides	Homemade garlic bread, mix veg and salad bar.	Sweetcorn, coleslaw and salad bar.	Roasted new potatoes, broccoli, carrots, gravy and salad bar.	Wedges, baked beans and salad bar.	Chips, whole wheat pasta salad or peas and salad bar.
Pudding	Apple flapjack, fruit and yogurt	Lemon drizzle muffin, fruit or yogurt	Chocolate ice cream and custard biscuit, fruit or yogurt	Vanilla cheese cake and berry compote, fruit or yogurt	Oat and apricot cookie, fruit or yogurt

Week beginning: 9th May, 6th June, 27th June, 18th July

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Burger and mashed potato and gravy	Homemade meatballs and pasta sauce	Roast gammon	Cajun chicken pizza	Fish Fingers
Vegetarian	Veggie burger and mashed potato and gravy	Vegan meatballs and pasta sauce	Quorn fillet	Margarita pizza	Homemade cheese pin wheel
Jackets and rolls	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.	Jacket potato with cheese, tuna mayo, ham or beans. Roll with ham, cheese or tuna mayo.
Sides	Homemade garlic bread, mix veg and salad bar	Beans, Sweetcorn and salad bar.	Roast potatoes, broccoli, carrots, gravy and salad bar.	Wedges, peas and salad bar.	Chips, whole wheat pasta salad, baked beans and salad bar.
Pudding	Devon honey cake, fruit or yogurt	Yogurt topped black currant flapjack, fruit or yogurt	Strawberry ice cream and strawberry jelly, fruit and yogurt	Apple, carrot and yogurt muffins, fruit or yogurt	Chocolate and apricot brownie